

Integration and Commitment

Individuation in Practice

The Individuation Mindset

- Commit to our individuation path
- Cultivate pure intent:
 - Make consistent disciplined effort
 - Inwardly surrender outcomes
- Develop a quiet mind and an open heart
- Practice self-awareness and self-acceptance

The Tasks of Individuation

- Manage the Ego
- Enlighten the Shadow
- Listen to the Self

Manage the Ego

- Take care of ourselves:
 - Cultivate physical, mental and emotional wellbeing
 - Curb desires, fears and distractions
 - Take time for self-examination and reflection
- Restrain our shadow egos
 - The need to control
 - The urge to judge
 - The desire to be special
 - The delusion of self-deception

Enlighten the Shadow

- Embrace the riches of our unconscious
- Reflect on the wisdom of our dreams
- Assume all our judgments are projection
- Look for inner meaning in every experience
- Notice when we are captured by complexes
- Forgive ourselves and others for imperfections

Listen to the Self

- Be alive and awake
- Cultivate a constant inner practice
- Follow our inner guidance
- Be loving
- Be purposeful

Expressing Individuation

Love
Purpose

Love

- Connects us to ourselves, each other and the world
- Promotes healing and wholeness
- Attends to the needs of our self and others
- Is tolerant, accepting and kind
- Is specific and limitless

Purpose

- Fulfills our Self and inner nature
- Develops and uses our talents
- Makes a positive impact on others and on the world

Our Individuation Commitment

- To maintain a strong intentional mindset
- To engage with the tasks of individuation:
 - Manage our ego
 - Enlighten the shadow
 - Listen to the Self
- To express individuation in our lives through:
 - Love
 - Purpose